



**GOOD THINGS HAPPEN
WHEN WE GET TOGETHER.**

Become a Shedder or support a Shed today.

Why Men's Sheds matter

Grounded in the spirit of camaraderie and the power of connection, Men's Sheds help enhance the health and well-being of all men by encouraging social inclusion.

FAQs

WHO IS MEN'S SHEDS EDMONTON?

We are a non-profit organization that helps build and promote casual spaces for all men to connect, create and socialize in a positive environment.

WHAT IS A MEN'S SHED?

A Men's Shed is a relaxed and inclusive place to share stories and form friendships. A place to do that thing you've always wanted to do—or do nothing at all.

Forget itineraries and agendas. A men's shed is whatever its members want it to be.

[Check out upcoming online Sheds.](#)

WHAT HAPPENS IN A MEN'S SHED?

Lots of things! Enjoy healthy activities such as woodworking, gardening, cooking, community building or playing cards. Share advice and ideas, or hang out and have coffee.

IS IT AN ACTUAL SHED?

Not necessarily. A Shed is simply a place for men to get together in person or online.

WHAT'S A SHEDDER?

Anyone who chooses to join a Shed.

WHO CAN BECOME A SHEDDER?

Men's Sheds is a men's-health organization grounded in the spirit of camaraderie and the power of connection. As an inclusive space that promotes positive connections, everyone is welcome to join regardless of gender.



Become a Shedder

Getting started is easy! Join our Facebook Group and sign up for upcoming events. We'll send you a welcome booklet with everything you need.

SEE YOU IN THE SHED!



CONTACT:

For more information on how to become a Shedder or support a Shed, message us directly on [Facebook](#).